

BRIDGES

WEDNESDAY, SEPTEMBER 11, 2013

INNOVATION:

Just In Case binder provides end-of-life planning. **P. 4**

DAY TRIPS:

An amazing adventure to Saskatchewan's badlands, the Big Muddy. **P. 18**

SHARP EATS:

The lowdown on Saskatoon's food trucks. **P. 26**

A STARPHOENIX COMMUNITY NEWSPAPER

ENGINEERING THE FUTURE

U OF S SCIENTIST QIAOQIN YANG
LOOKS AT THE BIG PICTURE
THROUGH POWERFUL MICROSCOPES **P. 6**



FREE

INVENTORY

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UKRAINIAN MUSEUM OF CANADA GIFT SHOP

The Ukrainian Museum of Canada's gift shop carries a large variety of authentic Ukrainian clothing, accessories and books. The book selection covers topics about the history and culture of Ukraine, as well as children's books with Ukrainian themes and Ukrainian cookbooks. The gift shop sells unique glass paintings, Ukrainian dance prints, Ukrainian pottery and a wonderful selection of pysanky (Easter eggs) and all the supplies for making the eggs. The store is located at 610 Spadina Dr. E. and is open Tuesday to Saturday from 10 a.m. to 5 p.m. and Sunday from 1 p.m. to 5 p.m.

1. PYSANKA: Made by Ukrainian woman from Manitoba — \$40

2. PYSANKA KIT: Book, three design sheets, four dyes two, lard, candle, beeswax — \$25

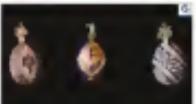
3. MOTYANKA: From Ukraine; traditional Ukrainian doll — \$100

4. EASTER CROSS: Sewing pattern — \$10

5. GLASS PAINTINGS: From Kovs Ukraine — \$35

6. SPANISH PENDANTS: \$320-\$370. 5860

BRIDGES-PHOTOS
BY MICHELLE BIRG



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ON THE COVER PG. 6



Quanxin Yang was born in a rural Chinese village and came through the academic Wilder度mechanical engineering program. **PHOTO BY ERIC PENDER**

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MY FAVOURITE PLACE PG. 15



Jenny Spear, Taylor Sanchez and her brother, 5, and Jackson, 3, search for fish and shells in the sun at Seaside's sandbar beach. Their favorite place in the city: **SEASIDE** PHOTOS BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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INNOVATION

HAROLD EMPY

Just in Case: The binder with all the answers

By Angelina Erimaci

Harold Empey's innovative program creates a kit of work for people but he's glad because he says that it eases people to readily reflect on life.

Years ago, Empey and his wife Betty were discussing plans in the event of death and created a list of things they thought should be taken care of before—just in case. It included the question of orientation and what type of inscription should be held, to name a few, plus important details like PIN numbers and family contacts. Betty died last November from cancer and Empey is extremely grateful that the two of them came up with an extensive list of answers.

"It made a difficult situation less difficult," he says. "Her death was at noon on Monday and Thursday it was all over. We spent 18 months at the funeral home and 25 with the minister because they had all the info. It was all done."

It wasn't easy when his son died at 30, just two months later.

"There was no planning, we took nothing. It was an absolute going show. It was just painful," he recalls.

Others heard of Empey's package and wanted more information about it, so he developed the full Just in Case binder. The binder was completed in a day or seven years span while he and Betty kept making changes and additions.

It's leaders who sit at tables, all encouraging discussions, and answering numerous and detailed questions. "What kind of legacy do you want? What kind of legacy do you want to start off or continue?" Do you want to suggest directions to a cause? It also includes letters of intent to the end, lists of instructions to contact and a special folder to keep important documents and addendums.

Empey says it's important to have everything in one place, as family members don't have to go searching for all of the necessary documents and information. He had Empey,



Harold Empey right, explains to Audrey and Gary Gutfeldson how his Just in Case program works. INSET: PHOTO BY MICHELLE RIBB

baskerville and accompanying, review the package and sign that he does legal and financial advice but nothing else. "I'm not a lawyer, I'm not a financial advisor, I'm not a tax advisor," he says. "I'm not a trust advisor."

A few months after Betty's death, Empey turned up at the Bakerton Community Foundation and was leading sessions walking people through the binder.

"It's not a lot of staffers, but a lot of questions," explains Empey. "You don't like to talk about death and nor does anybody, but the stuff of life is worth but now."

"Once you get going on this group you realize what an opportunity it is to reflect on your own wishes with regard to your passing and come to understand some of what

your partner wants and feels," says Gary. "It's really an uplifting experience because it gives you time to say to your kids and your spouse 'I hope someone takes care of us.'

The sessions run a restorative delivery, it's with a lot of humour. "We discuss just an excellent job and people go away feeling good. It is a job you've got some work to do, but people were leaving feeling good," adds Audrey.

So far, Empey has led nearly 40 sessions and sold almost 1,000 books (\$75 each)—all for Betty's legacy.

Empey volunteers his time when leading the sessions. The Bakerton Community Foundation takes care of the cost of creating the book and the very small profit that it makes goes directly toward the foundation. "This whole project is not about Harold. It's a legacy for Betty," he says. "And it's not a legacy if I'm going to take money."

Empey has a number of sessions coming up this fall. For more information contact him at 305.241.6999 or a aempey@msn.com.

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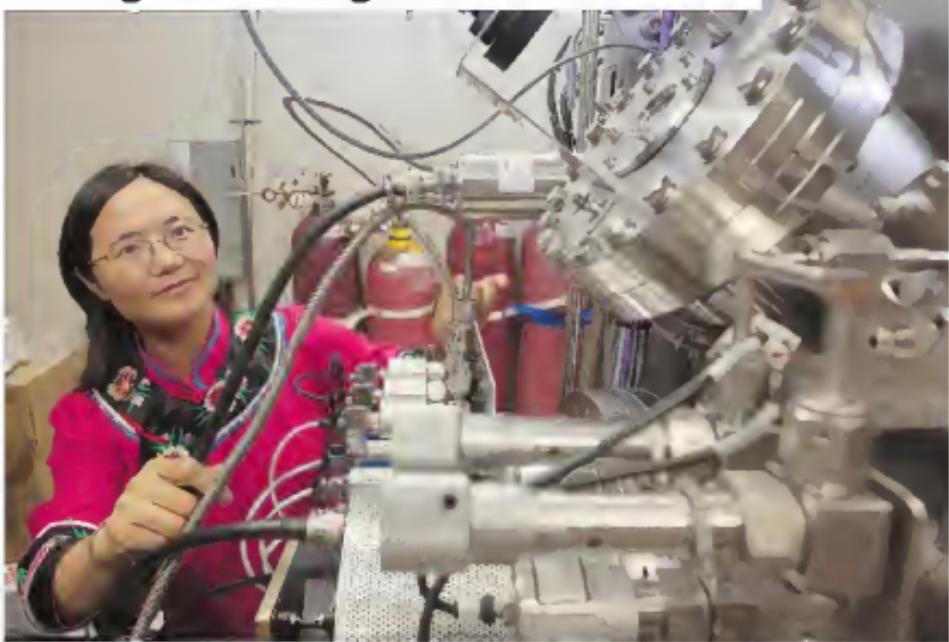
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ON THE COVER

I just do this research. My motivations aren't for money or position. — Qiaoqin Yang

QIAOQIN YANG

Making the building blocks of the future



Qiaoqin Yang in an explosives lab at the University of Saskatchewan. Yang was born in a remote Chinese village without access to basic academic tools to become a mechanical engineer. (PHOTO BY GREG HINDS)

By Sean Trembath

Qiaoqin Yang brings her passion to very small things.

Although the results she produces is key University of Saskatchewan lab are only visible under extremely

powerful microscopes they could be central to how we advance as a species.

From the beginning of beginnings — a remote Chinese village, isolated parcels, an older leather school — Yang was through the academic ranks, first in China, then Europe, Japan and finally Canada. She speaks five languages. She has published 120 articles. She is a Canadian Research Chair in Nanomaterials and Coating Technologies.

And she's a mechanical engineer, a field traditionally dominated by men. Her colleagues who nominated her for one of the SaskTel Young 300 2013 Women of Distinction awards say she could inspire other younger women to follow the same path.

Yang's response to the nomination is a good example of how focused she is on her research.

"I said that's fine, if it's not too much work," she recalls, laughing. "I just do this research. My motivations aren't for money or position."

There was the stone age, the iron age, the bronze age, the steel age. Right now we may be going into the nano age.

—Yours

That mentality has served her well and allows her to continue making progress in a field where nothing comes easy.

To an outsider Yong's lab in the basement of the Engineering Building at the U of B looks like something out of a movie. Stainless steel contraptions held in place by large bolts are connected by long hoses. There are cables, switches and computer screens. The corridors are narrow to accommodate the machines.

The materials Yang produces are beyond tiny — individual carbon atoms chained together to form microscopic nanostructures, including diamonds. But don't let the name fool you. Yang and other scientists and engineers in the field of nanotechnology see discovering the building blocks of much of our future world.

Journal of Health Politics



Choose from products from various artists that are clustered together to form the interactive landscape. Sliding the mouse across the fields will discover the building blocks for much of our future world.
SUBMITTED PHOTO

An advertisement for Equine OPEN HOUSE. The top half features a large green stylized 'E' followed by the word 'Equine' in a serif font, and 'OPEN HOUSE' in a bold sans-serif font. Below this, the text 'AL EARLY'S • 2615 Lorne Avenue' and 'Saturday, September 14th' are displayed. To the right is a photograph of a woman in a green tank top and jeans riding a light-colored horse. The bottom left contains speaker information and a list of features, while the bottom right features the 'StepRight' logo.

In mechanical engineering, you would find that the number of female students is quite low. It's important for them to see someone who is successful, and who is also excited about this idea-world. — Donald Bergstrom



The potential tools for the nanotechno-Quarantine: Yung's research ranges from medical to environmental. Beginning specific cells when delivering cancer medication is just one example. **MICHAEL PHILIPPE**

"Cyclization for human beings is actually based on materials. There was the stone age, the iron age, the human age, the steel age," says Yung, adding in her other-area comparison.

"Right now, we may be going into the nano age."

Yung is constantly, increasingly refining how tiny carbon structures may be made.

"The material was not discovered by me, but there are some new

aspects and specific applications, and new methods to make it more profitably or improve the properties," she says.

The ability to manufacture things on the molecular level has countless applications. Imagine being able to target specific cells when delivering cancer medication. Artificial joints can be stronger, longer-lasting, more tame and less likely to be rejected by their recipients.

There are environmental applications as the tiny structures can be very effective in drawing pollutants out of water.

As with any science in progress, the full range of possibilities is not yet known, but the list of potential uses will only keep growing.

* * *

Aside from the many of advances she has made in nanomaterials, Yung

has contributed to her field simply by being in it.

"In mechanical engineering, you would find that the number of female students is quite low," says Donald Bergstrom, associate dean of faculty relations and a professor of mechanical engineering. Bergstrom was one of two faculty members who nominated Yung for the Women of Distinction Award.

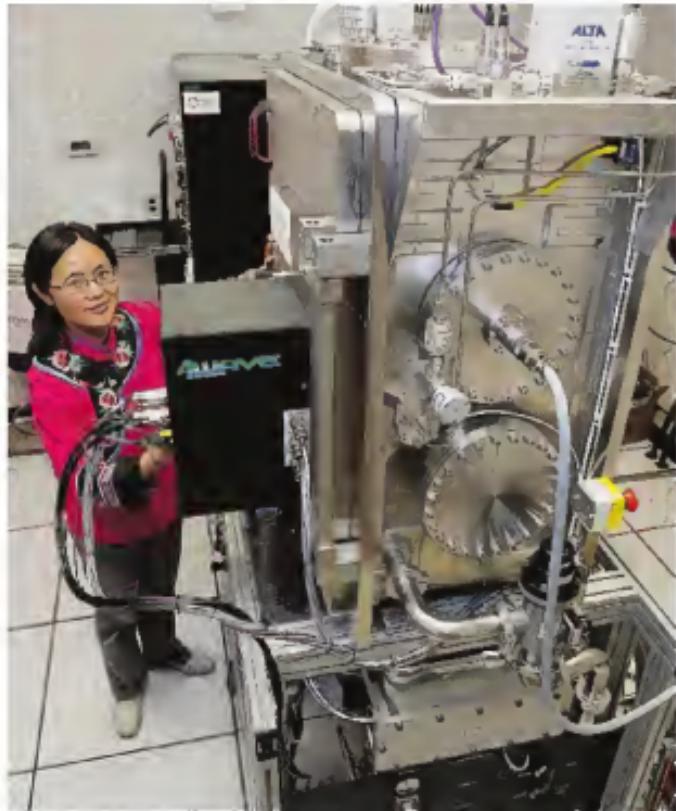
"It's important for there to be

someone who is successful, and who is also excited about this idea world. It reinforces that, if she's happy doing that, then if I'm a female student, I'm encouraged to follow my dream of becoming an engineer and past just some of those barriers that might be there."

Yung also brings out the best in others with her attitude toward both work and life in general says Bergstrom.



For me, I need a position that is not focused on short-term outcomes. In China, they evaluate your short-term outcomes. If you want to really have some achievement, and get big breaks, you need some time — Yang



Female mechanical engineers are rare. Qiaogen Yang is a success at a great cost (value for other women in the field). (AP photo by EPP/SYGMA)

"She's got a very positive and upbeat demeanor. She just engages life with passion. That brings with it a kind of entrepreneurship and energy that makes her unique," says Yang.

Yang's dedication and her positive attitude make sense when looking back at where she came from. As a small girl she had some very big questions, and lived in a place and time where she might never have had a chance to pursue even the simplest answers.

• • •

Yang's dogged pursuit of knowledge can be traced back to something that bothered her as a seven-year-old living in the village of Lan Huang Tong in China's Hunan Province.

"I just had a single question: What is the purpose of life?" says Yang.

At the time, an academic career seemed like an impossible dream. People from her village didn't go to university. They usually didn't even go to high school, like Yang was lucky.

Policy changes in 1977 by China's ruling party made it possible for children who proved their academic merit to continue their education.

"At that time, they decided knowledge is important," she says.

It wasn't easy. Yang's high school was 30 kilometers from her home. She walked both ways every day.

She worked hard enough to earn a spot at Hunan University in Changsha, the provincial capital. As an undergraduate, she and some colleagues became the first people in China to manufacture diamond-like materials on the nano scale. It was the first step in a career path that continues to this day.

Her work allowed her to travel to the Chinese Academy of Sciences to earn her masters, after which she returned to Hunan to work as a professor while earning her PhD.

Her passion for knowledge can be seen in her decision as a good student to learn Russian, despite never working in the country. Russian scientists were making important discoveries in her field but at that time, Russian science would often not appear in other intended publications. Yang learned the language so she could gather every ounce of valuable information.

Her desire to make major contributions eventually led her to leave and settle her home country.

"I came here but the environment in China at that time was still not so good for research," says Yang.

"For me, I need a position that is not focused on short-term outcomes. In China, they evaluate your short term outcomes. If you want to really have some achievement, and get big breaks, you need some time."

She started doing short stints in other countries. A few months in Germany in 1996. A year in Austria in 1999. Two years in Japan right after that.

Then in 2005 she took the job that would move her to Switzerland.

Continued on Page 19

One thing is that the human being is limited. Nature is more powerful than a human being, anyway Physics makes you think in a different way. You think big-picture. — Yang



As a child, Qiaozhu Yang envisioned the scope of life. Through her research as a mechanical engineer, she is now putting that vision into action. (PHOTO BY STEVE SCHAFFNER FOR PHOENIX)

Akira Horie, a professor in the U of S physics department, was seeking researchers. His unusual research was to measure electrons, diamonds and diamond-like materials. It was exactly what Yang wanted to do.

"From the beginning, I was impressed with her ability," says Horie.

"She is a very hard worker because she yielded some very important results."

They made significant discoveries in their field, including new knowledge about how nanowires generate electric fields and a method

that allowed them to measure the resistance of a nanowire over time, a measure that had never been done before.

Yang worked in Horie's lab for three years before being recruited for her current faculty position in mechanical engineering. They still collaborate and share knowledge.

"We are doing similar things, but using different technologies. We complement each other in a sense," says Horie.

Yang can sometimes sacrifice sleep and enjoyment. While the seven-year project was a success, what this whole life is about, today's Yang is more grounded.

"One thing is that the lesson being learned. Nature is more powerful than a human being, anyway. Physics makes you think in a different way. You think big-picture," she says.

Engineering is of more interest to me because engineering has practical use."

* * * *

After more than 10 years in Na-

kedao, Yang is now comfortably settled.

"Right now, Canada is my home. China is also my home. Other countries might do some research or collaboration, but they are not my home," she says.

She still visits China every couple of years, and may go back there to research one day, but her love is here now.

She has a 34-year-old son in Montreal with degrees in business and quantitative mathematics who works with the stock market! Her 18-year-old daughter has just com-

pleted high school, left before starting her own university as well.

As for Yang herself, she's remained at the lab. She is always working on new advances, which will lead to more publications.

She has stopped worrying about the meaning of life, and instead focuses on being the best person she can, and contributing to the world with her work.

"My philosophy is if you change yourself, maybe you can change the world. Make this world better. Just live your life right."

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

GLEN LARSON

Come Hell or High Water

Come Hell or High Water takes place over 30 days in the winter of 1882.

White people on the Prairies struggle to survive, world events swirl around them. Hitler and Mussolini are on the march - testing their military machine as the Spanish Civil War, On the border of the West, the King of England. The British CCF is threatening starvation from a dependent winter populace. And so readers what the topic under discussion, it is

permeated by the pressure-smell of death.

I set out simply to record some family anecdotes for posterity. It evolved into a snapshot in time. What exactly did people think about during this devastating time on the prairie? What did they talk about? How did they cope with the certainty of yet another crop failure, and which would crush all the previous years of your harvest?

My research took me in places I had never considered. I discovered

that it is one thing to look back in history in perfect hindsight and see how events unfolded. It is quite another to try to guess at exactly what passed through people's minds while they lived through the times.

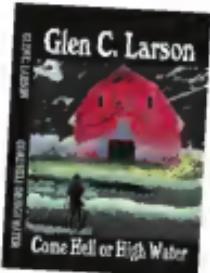
The story tells of two prairie families that had fought through that dreadful summer of 1882. Drawing heavily from my own experiences on the farm, I tried to capture their moods, their fears and their courage. As I believe, as honest and direct portrayals of life in that harsh period of time. As I point out on the cover page, it is a simpler yet far drama easier time.

And yet it is not all doom and gloom. They are determined to take the time to live, and the story culminates at the local sports day, a rare stay of these trying days and one which seems to have failed by the wayside in our modern, high-tech age.

As a service writer, compressing as much information into a short

time frame presented a bit of a challenge. While the story is a work of historical fiction, there are some historical facts I could not resist sharing with my readers. To that end, I decided to add a hat and added an addendum of historical records at the back of the book. If I could make one recommendation, it would be to peruse the addendum before reading the story. It may shed just more light on the time.

Available for only \$10 at McNally Robinson and Saskatoon Market griller in Saskatoon, and The Artful Dodger in Regina. It is also available on Kindle at Amazon.com. Check out my website at [glenclarsonbooks.com](http://www.glenclarsonbooks.com) for more retail outlets or to read an excerpt on the Amazon site.



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FASHION

SASKATCHEWAN FASHION

Alysia Czmuchalek: Rock and roll family

By Ashley Martin

She's seven months pregnant, and Regina resident Alysia Czmuchalek is wholeheartedly embracing her bump.

"If you don't allow it, it finds it affects everything because then you just kind of feel big everywhere instead of just feeling pregnant so I let it happen," said Czmuchalek.

"I wear lots of the leather belts that show off my bump or a t-shirt that's about to blow off the hanger and it doesn't bother me in the least."

The mother of three — six-year-old Jake and two-year-old Joss — tries to adjust maternity fashion to match her everyday rocker look.

"I think it's because everyone also feels so out of place, so to put on something a little more edgy, more style, more rock, makes you feel good about yourself because nothing else fits except the way it's supposed to anymore."

She always loved rock and roll style. Her favorite bands are Bob Seger, Alice in Chains and Nine Inch Nails. Music insinuates her fashion sense. "As long as it looks good and we're comfy."

"We're being her rock stars, who she decks out in rock inspired looks."

"Jake is getting older so he has to pack his own outfit now more, but he still likes the rock star. And Joss's perfect because I can still dress her!"

Czmuchalek usually tries to make the kids' hairstyles fit her own, though some of them don't match her either.

The family tends to shop online or on vacation because "it's hard to find socks or metal stuff or anything that is a little different in Regina." When she can't find exactly what she's looking for she'll alter it — "have it my own very kind of reverse it that way or embellish it my own way, because sometimes it's hard to find exactly what you like."

Have an outfit you've styled for an upcoming event? Send a photo to bridges@thestarphoenix.com



Alysia Czmuchalek with her rock-and-roll sons, Jake (left) and Joss (right). Photos by Pauline Bruneau

ALYSIA

1 HAIR "I actually got clip-ons this year. I used to dye it all the time but it bleeds and it colours all my hair green."

2 NECKLACE "We went to Vegas and we saw a little guy at a kiosk and he cut the little names in our rings. That's my main piece of jewelry that I wear."

3 SHIRT Suzy Shier

4 TANK TOP Suzy Shier

5 JEANS Below the Belt

6 ENGAGEMENT RING

"Las Vegas. I got it kind of an unique or edgy look, not so clean cut."

7 SHORTS Iron Fist jeans
"Live stronger, live...
They glow in the dark."

JOSSE

5 JACKET Superskin
6 EVERYTHING ELSE eBay

JAKE

1 BLUE HAIR OIL Warmat
5 SHIRT AND SHORTS H&M

NEXT WEEK: What iPhone/iPad/video/computer games do your kids love? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

Were your pregnancies different from one another?



"Totally. The first was an emergency C-section after three days of labour. The second was natural, no drugs or anything in two days!"

—Rhonda Fleck-Schweitzer

"Very different! This second one can smell kinds of things I normally wouldn't like or eat!"

—Courtney Meng

"My first three pregnancies were very easygoing and well-paced sensible. But after the second one around it was much harder to go. My second for sure! After having four boys, the third was far the easiest pregnancy. Please that's not an sign of things to come?" —Carla Gostomski

"Everyone I talk with pregnant with my stepson I was sick. The opposite happened with my daughter. I was sick and never threw up. And I was always eating!" —Sandy Sipper

"Very different! I did however go into labour at the exact same time with both babies. It was bizarre!" —Jenn Lysor

"First one, I was super hungry all the time and suffered with a sore back. I was never sick. Second one,

"I had the appetite and was sick all the time (which sounds for Delocion! I have) all the time but no sore back. Both were boys and over 10 lbs. Just shows that every child/pregnancy is different!" —Kysta Oberholser

"They were all different. I do feel that as you get older the harder it is to manage tiredness and have gotten more uncomfortable earlier on. All my converges have been different. At this point of焦躁 (nervousness/patience). My deliveries are even very different as I guess you're more aware of yourself?" —Roxie Cimochak

"Very different... with my son I always reacted slow and didn't always trust. With my daughter it was fast and total trust and I was always right on top of things!" —Lori Walker

"Had three very different pregnancies. My first one was moderate lengthening sickness and I had to force myself to drive him my second was so severe! Had to be on IV fluids and received a pre-emptive shot. My third was me out. My second was also an emergency C-section and the only child I went into labour without my pain. My third was a VBAC and my shortest labour!" —Jenine Seven-Plummer

Authentic Amish Cooking

Scalloped Potatoes



1 med Onion, finely chopped	1/4 C. Butter
1/2 C. Flour	1 T. Salt
1/2 Pepper	1/4 t. Dried Thyme
3 C. Milk	1 can Mushroom Soup
1 C. Sour Cream	8 C. Thinly Sliced Potatoes
2 1/2 C. Cooked Ham, cubed	2 C. Shredded Cheddar Cheese

Sauté onions in butter, stir in flour, salt, pepper and thyme until blended. Slowly add milk. Bring to boil, cook and stir for 2 minutes or until thickened. Blend in soup. Remove from heat. Mix in sour cream until smooth. Combine potatoes and ham. In a greased 9 x 13 baking dish, layer half of the potato mixture, cheese and white sauce. Repeat layers. Cover and bake at 375° for 30 minutes. Uncover and bake 40-50 more minutes or until potatoes are tender. Yields: 6-8 servings.

Soft Pretzels

1 1/4 Dry Yeast	5-6 C. Bread Mix Flour
1 1/2 C. Lukewarm Water	2 Eggs, beaten
Yogurt	2 T. Coarse Salt
1 Egg, beaten	
1/2 C. Butter, melted	



Lightly grease 2 large baking sheets. In large bowl dissolve yeast in 1 C. lukewarm water. Blend in 2 eggs and butter. Add bread mix to make a soft dough. Knead about 6 minutes until dough is soft. Roll pieces of dough into ropes about 1/2 diameter and 18"-24" long. Form into pretzel shapes. Place on prepared baking sheets. Preheat oven to 425°. Cook 10-12 minutes until golden brown and crisp. Sprinkle with salt. Bake immediately 12-15 minutes until brown and crisp.

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IN THE CITY

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Nothing beets it



Jerry Jonathan serves up the Beet & Butter Salad at Jerry's Food Emporium on 1st Street. For the rest of September, which is blood cancer awareness month, \$1 from every salad sold will go towards the Leukemia & Lymphoma Society's Light the Night Walk. The walk will be held Oct. 13 at Kierland Plaza in Scottsdale. For registration and other information, for blood cancer patients in Arizona, visit [AZLKN.org](http://azlkn.org). (PHOTO BY MICHELLE RIEBE)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Swimming, sunning and catching fish on a sandbar

By Angelina Irinici

Although Taylor Smitch, her kids Ava, 5, Jackson, 3 and her partner Jerry Speck live in Lakewood, they've been traveling across the city a few times a week for some summer fun. Right off of Spadina Crescent is a naturally occurring sandbar dubbed "Saskatoon Beach." Although there's signs warning people not to swim and many consider it dangerous to hang out at the beach, it attracts hundreds of people — young and old — on hot summer days. While some want the city to add amenities like a bathroom, others don't think bringing out near the water is a good idea. Those who choose to take advantage of the sandbar seem to enjoy cooling off in the water, playing Frisbee and, in Ava and Jackson's case, catching minnows.

Q: What's your favorite thing to do at the sandbar?

A. (JERRY) Years ago we'd go there (splashing in the water). We would sandcastle and go swimming. It's fun.

(AVIA) My favorite part about playing at the river is catching fish. We've caught three and now we're going to eat them.

Q: Do you bring the fish home?

A. (JERRY) Yeah. Years ago we'd get them at our house. We put them in the kitchen on a hook.

(TAYLOR) It's like little glass vase thing I didn't have fish hook, I expected them to die the first day so I've never paid a lot of attention to them and they've been alive for like a week and a half. We told them we could either let them go home and they could be with their families and they wouldn't die, or we could bring them home and they'd probably die. And Ava and Jerry wanted to bring them home.

Q: What do you two like about bringing the kids to the river?

A. (TAYLOR) It's hard to watch both



Jerry Speck, Taylor Smitch and her kids Ava, 5, and Jackson, 3, search for fish and soak in the sun at Saskatoon's sandbar beach. MELISSA PHOTO BY NICOLELLA BING

of them but the pool is very shallow and she goes deep. But here you can see both of them swimming away from each other, as if they're swimming away from the dangerous water, which is safer especially when there's more daring teenagers further out and you don't know if it starts getting deep. They like the pools but we do know it's too much work for us to keep everybody under wraps the whole time. And from going too deep where it's dangerous. Here it's always much safer and easier.

(JERRY) And when it's packed in there and they're not too off that they want to go swimming further out, it's really good and fun, but when there's a lot of people here it can be dangerous. Or you step out there fast and you always stay close the current and not far further than them, so even if they get their feet lifted up, which they haven't, someone is there to help them.

There early in the afternoon and we don't come here on weekends, as there are too many people. I don't like the idea of swimming in the water, so we're usually right in the water and most of the adults are on the sand, so it's not much of a problem.

Mainly it's a couple guys with a floatie in the water and they're pretty nice and try hard not to get too close to the floatie.

(JERRY) It's true, and everyone who has kids hangs out in the same area. People are mostly respectful around kids.

Q: Are you concerned about any dangers of coming here?

A. (TAYLOR) I'm relatively safe about everything — no risks. I come here for the first six weeks of summer. I come here first with some friends and no kids and it's just as safe as it gets, especially with things like this [a shallow pool of water between the bars of sand]. My kids are old enough that they listen

to me and they're not too off that they want to go swimming further out, it's really good and fun,

but when there's a lot of people here it can be dangerous. Or you step out there fast and you always stay close the current and not far further than them, so even if they get their feet lifted up, which they haven't, someone is there to help them.

Q: Do the authorities often look at the sandbar?

A. (TAYLOR) The drinking doesn't bother me because we only come

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THE BIG MUDDY BADLANDS

Castle Butte hill amazing from top to bottom

By Tim Switzer

As we drove down Highway 34 a couple hours southwest of Regina the scenery looked just like that of any other rural highway in Saskatchewan.

The fields stretch on for miles, the odd farmhouse sits surrounded by barns and machinery and oil pump-jacks dot the landscape.

But then, just a few kilometers south of Bengough, we found what we had come for: the ground dropped out below us into the Big Muddy Valley.

The valley itself, with its exposed rock layers on the hill faces and jagged formations, looks more like something you'd expect to see in the kids of Alberta or South Dakota. We found ourselves stopping to take photos all along the valley floor thinking the scenery wouldn't be asneau as was every other site we drove.

There's plenty of attractions in the area farmed (mostly) by the triangle created between Bengough, Milkhouse and Cawood, but I can't convinced my mate the natural features of the valley isn't.

Formed during the last ice age by melt water and so named for its slippery when wet side, the Big Muddy offers options for those looking for an afternoon drive, those looking for an up-and-down, back-at-dark break from the city or those looking to spend a few days camping.

Castle Butte, though, is the main site whether your plans

The 200-foot high free-standing hill is home to dozens of tourist but most photos but many don't have to do to be believed.

The most impressive part of the butte is that it looks equally stunning no matter how adventurous you find yourself during that visit. It's far from an easy climb to the top, but it's not like you need spade shoes and climbing rope either. Blazing shoes will do just fine. (One word of warning though, climbing the butte is done at your own risk.)



The walls of Castle Butte, the free-standing hill in the Big Muddy Valley, south of Bengough. Photos by Tim Switzer and Leah Sharik

The Big Muddy, formed during the last ice age by melt water, is located roughly in the triangle formed between Bengough, Willowbunch and Coronach.



One of the terrains in the well of the Big Muddy Valley south of Bengough



One of the outlaw caves attending the Big Muddy backroads tour in southern Saskatchewan.



A view down the Big Muddy Valley in southern Saskatchewan.

The view from the top was incredible, but walking around it in the narrow paths huddled up was equally impressive. Oddly enough, the quarter-mile walk around the bottom might be even better as you see the water and weather-worn edges cascade in out.

While Castle Butte is free to see, it's also worthwhile to take a tour of the badlands from Coronach. There

you can get full and half-day guided tours either as part of a larger group or in the comfort of your own vehicle. You'll make stops along the bad lands in one area where outlaws like Sam Kelly would hide out when being chased and begin to understand what was actually a very clever route the day traps and outlaws made in out.

White Castle Butte is free to see, but it's also worthwhiile to take a tour of the badlands from Coronach. There

you can get full and half-day guided tours either as part of a larger group or in the comfort of your own vehicle.

There are also etchings laid down on cliffages by First Nations people which have withstood the test of time, the remnants of the area's first North West Mounted Police detachment and an old schoolhouse all of which are behind land and key as private land and isn't be set

entered by just anyone.

And there is a whole lot more to see in the area.

The St. Victor petroglyphs — located about 20 km west of Willowbunch — are a sight to see. The glyphs are etched into the cliff face above the valley and while it's unknown who made them or how long they have been there they're an impressive nonetheless (even if you've

seen how wet impressed, the view from the cliff is worth the drive in itself).

Willowbunch is also the place to find out about the amazing and tragic tale of Soloared Beagle (better known as Le Géant Beagle or the Willowbunch Giant) who grew to be 8 feet 3 inches and 200 pounds and travelled with Rameau and Beale's travelling circus.



One of the more than 300 petroglyphs found on a cliff face near Willowbunch.

EVENTS

MUSIC

Wednesday, Sept. 11

Don Williams
TCU Place,
3123 N. 21st. West.

Michael Wood Band
Bulls on Broadway,
817 Broadway Ave.

Thursday, Sept. 12

Karenist, India's Kitchen
Bliss
Checkers Restaurant and
Lounges,
411-221 Pheonix Dr.

Michael Wood Band
Bulls on Broadway,
817 Broadway Ave.

**Wanted Man: Tribute to
Johnny Cash**
Delcos Dunes Casino,
3245 Dunes Shores Way;
Whitecap

**Blacked w/ Slow Down,
Molasses**
Amigos Cantina
632 10th St., East

Friday, Sept. 13

Men Without Shame
Buds on Broadway;
817 Broadway Ave.

**Homo Friday w/ Adreas Fer-
nugia**
Ducks Review Zachary Lucy
w/ Little Criminals and The
Karpaka Brothers
The Basement,
2024 Fourth Ave. North

MWM
Army & Navy Veterans Club,
229 First Ave. North

Ralph's Rhymes Kings
Fairfield Senior Center,
104 Fairmont Court

Tues Tues
Mutually Exclusive,
3130 Eighth St., East



(Photo left) Phoenix Schenck, Gail Herivel, Glenn Frey and Joe Walsh of The Eagles will perform at Great Union Centre in Sun Valley, Sept. 13.

Briggs
Teen Tizen Theatre,
3320 Eighth St., East

**Fridays the 13th Haunted
House & Bar Party w/
D-More, J.A. DJ, Michael vs
Kinder and US Marshalls**
The Garage Events Center,
241 Second Ave. South

**The Rightnow w/ Caught in
a Dream**
Lasso Pub,
93 Campus Dr.

Two Man Garage
Pizz's Pub and Grill,
5003 14th St. North

Pocket Aces

Stamps Place

106-110 River St. East

Saturday, Sept. 14

The Eagles
Credit Union Center,
150-1515 Thirteenth Ave.

Men Without Shame
Buds on Broadway;
817 Broadway Ave.

Jazz Dixie Sauteri Singoffs
Performer Quartet w/ Adreas
Fernugia
The Basement,
2024 Fourth Ave. North

Harry Sitaras
Parsons Legion,
3028 Louise St.

MWM
Army & Navy Veterans Club,
308 First Ave. North

Whiskey on a Sunday

McMally Robinson,

3130 Eighth St., East

**Heinrich Demets-Party w/
Witchface, Deluxtron (Blank-
etwarp), Corky Showpiece
and Za Verkheitliga Twit Show**

Loud's Pub,

93 Campus Dr.

Two Man Garage
Pizz's Pub and Grill,
1003 14th St. North

Pocket Aces

Stamps Place,

106-110 River St. East

Sunday, Sept. 15

Harry Sitaras
Parsons Legion,
3028 Louise St.

Monday, Sept. 16

The Blue Notes
Buds on Broadway,
817 Broadway Ave.

Inside w/ Mark Webster

Ametpas Contests,
632 10th St., East

Tuesday, Sept. 17

Jesus Roads Band
Davis on Broadway,
817 Broadway Ave.

ART

Harold Art Gallery
Until Sept. 15 at 950 Spokane

Cres Blvd. "The Automat-
iste Revival," Montreal
1941-1960, featuring works

by Jean-Paul Riopelle and
Paul-Émile Borduas. An Art

at the Making of Light, by Bill

Borlino, Shaping Saw-
katchawan: The Art Society

1936-1949, featuring Stanley

Ernest, John Metherell and

Cliff Wearn, with a talk

Sept. 15 from 2 p.m. to 4 p.m.

Loaves, by Rodney LaTourne,

In the Lobby. The Artists by

Artists exhibition, Altered

States, features works by

Colin Francis and her mother

Iris Hauser. The main gallery

exhibition will be closed Sept.

13-17 for installation of the

fall exhibition. The Main-

bar Show & Sale opens

Sept. 13 and runs to Oct. 6

in the gallery auditorium.

Gallery members may return

one or two artworks for sale.

The gallery shop is holding a

fall sale until Sept. 26.

The Gallery Art Statement

Until Sept. 13 at 226 Third Ave.

South Summer Harvest, new

works by gallery artists. Fall

new works by Robert

Christie, Louise Cook, Terry

Fenton, Cameron Farber, Guy

Harley, Cliff Hansen, Sarah

Korsholm, Rebeca Perez-Hoff

and William Thrasheroff.

The McGalley

Sept. 13, 6 p.m.-10 p.m.,

Sept. 14 and 15, 10 a.m.-

6 p.m. at 239 24th St. East.

Unbridle by Dennis Marshall

A photographic exhibition fea-

turing the beauty and grace of

horses.

Revered Arts

Sept. 13-16 from 10 a.m.-4 p.m.

West Colter Cultural Works

on the human imagination as

it is projected into other spaces

by Jacqueline Jeanne Nouzeix

and Ryan Park. An opening

reception will be held Sept. 13

at 8 p.m. An artist's talk will be

held Sept. 14 at 2 p.m.

Carrie East Galleries

Until Sept. 15 at The Center

A display by Skiescapes of the
Arts writers, a display by
Mysteries in the Park Festival,
a display by Bob Johnson and
Galen Chaffield, a display by
Imagery, work by Missey Dennis
and classes from the Susie
Suzuki Public School Board

Susie Suzuki Gallery

Until Sept. 27 at 191 Murray

Building, U of S Punt Super

by David Dyck. Dyck exhibits

everyday objects into working

prototypes for an alternate

world of re-invented purpose.

A reception will be held Sept.

27 from 7 p.m. to 10 p.m.

SCVAP Gallery

Until Sept. 27 at 253 Third

Ave. South. The 4th annual

student showcases profit

and urban-style work from

numerous artists. A reception,

featuring the music and door

prizes, will be held Sept. 27

from 3 p.m.-7 p.m.

Affinity Gallery

Until Sept. 27 at 213 Broadway

Ave. Two Perspectives Master

Karen Hodder and ceramic

artist Mt. Helen Interact

and discuss the powerful

landscapes of Sudbury through

paint, canvas, clay and glass.

Gallery on Third, Waterloo
Until Sept. 26 at 102 Third Ave., Suite 200
Dreaming Patterns/Whirling Memories: work by Leanne Clifford. An artist's talk reception will be held Sept. 6 at 7 p.m.

Station Arts Centre, Waterloo
Until Sept. 26, Tuesdays to Saturdays, 9 a.m. to 4 p.m., at 701 Railway St., Waterloo. Works by Ruthann Langford. The show concludes Sept. 26 with Culture Days demonstrations by artists and artisans.

The gallery at Grey Studio Three
Through September at 2-322 Main St. A display of haku, wood soft and primitive pottery. In-store demonstrations by artists will be held all day Sept. 19 to celebrate Culture Days.

Samaritan-Place
Until Sept. 30 at 370-Comish Rd. The Saskatchewan Landscape, paintings by Joy Middal

Parkdale Centre
Through September at 110 Steepler Cres., Waterloo. ARTISTS: New works in a variety of mediums and subjects by the artist group.

Watrous Library
Through September in Watrous, Saskatchewan, work by Watrous painter Helga Krikken M.

Arkipelago Artists
Through September at Parkdale's Art in the Centre. The art will be seen in a variety of mediums and subjects.

The Gallery, Prairies Museum Library
Until Oct. 3 at 223 2nd St East, Moose Jaw. Places and Places in My Life: Research and Travels to India, by Sezen P.

Sharma, It depicts people and situations primarily from a village near Delhi, India that the artist visited. A reception will be held Sept. 5 from 7 a.m. to 9 p.m.

Stabenbaker Canada Centre
Through September at 101 December Rd. Touch the Sky: The Story of Avia Canada. This in-house produced exhibit celebrates the company that helped to lay the cornerstone surrounding the Avia Arrow, and focuses on the history and aerodynamics of Avia Canada.

Block Square gallery
Open through the winter at Northeast Antiques on Highway 2. After Glee, a group showing featuring fall images and colours of the boreal Lakehead region.

SPECIAL EVENTS

Cecilian Singers Rehearsals
Wednesday, 7:30 p.m., at St. Joseph Church. Please use the Pewkey entrance. This is a mixed voice community choir and new members are always welcome. For information visit www.cecilians.ca.

Speechreading and Information for the Hard of Hearing

Sept. 15, 16, 25, Oct. 9, 13, Nov. 13 and 27, 10 a.m. to 3 p.m., at Saskatchewan Deaf and Hard of Hearing Services, 312 First Ave. North. Hosted by the Hard of Hearing Association. For information call 306-264-9387.

Le Gourmet des Plaines
Rehearsals

Thursdays starting Sept. 12, 7:30 p.m., at Ecole Collège-d'enseignement-Français. Anyone who speaks French and likes singing is welcome to join. For information call 306-374-9534.

Friday the 13th Haunted House

Sept. 10, 4 p.m. to 8 p.m., at The Delrin Events Centre. Proceeds will go to United Way of Saskatoon and area. Funds raised will be matched by Agrium.

Saskatoon Gifts to Broadway

Sept. 14, 8 a.m. to 2 p.m., at the Saskatchewan Farmers' Market. Selling local produce and crafts, and what a variety of items! Retail funds to assist Agrikan prairiemothers in caring for their orphaned grandchildren due to the 1997 AIDS pandemic. Financial donations will also be accepted. For information call 306-332-0774.

Saskatoon Lunchbox

Sept. 10, 11:30 a.m. to 1 p.m., at The Willow's葛士，362 Cartwright St. Hosted by Canadian Federation of University Women Day Saskatchewan with guest speaker Senator Lilian E. Dyck talking about the power of education for women and Alarming the people and the miraculous outcome of her own education education what she expected 30 years ago. For tickets call 306-342-6666, 306-373-2925, email program@cfusask.ca or visit www.cfuusask.ca.

Saskatchewan Entertainment Expo

Sept. 16 and 17, 10 a.m. to 10 p.m., at Prentiss Park. With television and movie entertainers, pop culture and science book creators and provincial and national vendors. Restoring television and movie entertainers Harvey Keitel, Cusack, Greg Kinnear, Kevin Connolly and William H. Devane, comic book creators Tyler Jenkins, Johnnie Christopher, Ira Glass, Jenine Beatty, Merritt Wever, Michael Weston, Christopher Gazeysa, Ed Branson, David Koeve, Kurtis Weber, Kyle Dosey and many more. And celebrity host Jim Belushi and Vegas Powershot. Visit www.saskexpo.ca.

Second Annual Alice Rally & Strikka a Posse Fashion Show

Sept. 14, 7 a.m., at Hartley Television Royal. Presented by the Alice Wrigg Foundation. A night of fashion, fashion, music and fundraising. With a breakfast, luncheon, dance floor, 50/50 draw, silent auction, gourmet hors d'oeuvres and prizes. Tickets, visit them on Facebook or email cory@dwrgg.ca.

Classes for Shoppers Evening at the Open

Sept. 16, 7:30 a.m. to 10 p.m. Presented by the Saskatchewan Symphony Orchestra. An evening of fireworks, artes and selections drawn from the world of opera. Featuring baritone John Beoley and mezzo-soprano Wells Gunta. With works by Strauss, Mozart, Bizet, Wagner, Weber, Rossini and Berlioz.

Annual Social Event for Seniors

Sept. 19, 7:30 p.m., at the Saskatchewan Legion, 666 Sasquatch Drs. Sponsored by the Saskatchewan Senior Citizens Association. Speaker Helen et al 9:30 p.m., dinner by Greenwood Catering at 6 p.m., and dancing from 8 p.m. to 10:30 p.m. For tickets call 306-333-4542, 306-645-5232, 306-263-9452 or 306-382-1720 by Sept. 16.

Saskatchewan Entertainment Expo

Sept. 16 and 17, 10 a.m. to 10 p.m., at Prentiss Park. With television and movie entertainers, pop culture and science book creators and provincial and national vendors. Restoring television and movie entertainers Harvey Keitel, Cusack, Greg Kinnear, Kevin Connolly and William H. Devane, comic book creators Tyler Jenkins, Johnnie Christopher, Ira Glass, Jenine Beatty, Merritt Wever, Michael Weston, Christopher Gazeysa, Ed Branson, David Koeve, Kurtis Weber, Kyle Dosey and many more. And celebrity host Jim Belushi and Vegas Powershot. Visit www.saskexpo.ca.

Points Game #6

Sept. 16, 10 a.m. at Saskatchewan International Raceway, 13 km south of Saskatoon on Hwy 11. Points Round 6.

Sept. 16, 2 p.m. to 7 p.m., at Auto Cleaning Motor Speedway. Divisions compete include Super Trucks, Sprintcar, Pro Truck and Stock Legends.

Season Final Points Race
Sept. 15, 10 a.m. at Saskatchewan International Raceway, 13 km south of Saskatoon on Hwy 11. An ability to read measures helpful but not necessary. For information

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ON THE SCENE

USSU WELCOME WEEK



Ridge was on the scene at the University of Saskatchewan Students' Union annual Welcome Week. The event is a kingdom festival on the U of S campus to welcome new and returning students back to classes. Held on Sept. 3 and 4 in the Bowl, this year's event featured DJs, live bands, beer gardens and free activities along with a variety of movie played on giant screens.

1. Kyle Mahon and Breanne Mahon

2. Randal Poirier and his dog Diego

3. Sam Bennett; Katrina Gorish and Shelly Gilmour

4. Asacoma Iose and Cossey Nachelobe

5. Alex Sherman and Cole Jordan from Seaside Poetry perform

6. Jenelle Tita and Robyn Petruk





15. Cassie Fehr and Meghan Green

16. Steph Lord, Delia Poche and Gebred Irineo

17. Sarah Weintraub and Jenessa Eder

18. Second year med students Jeff Macmillan, Reid Arnstead and Bryan Robson

19. JJ Bottinelli and Erin Lunn

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ASK ELLIE

Time apart best thing for recently broken up couple

Q My boyfriend and I break up.

At first it seemed like nothing could go wrong. His whole family and friends accepted me.

Her friends said she was starting to fall for me. But then I felt she was holding stuff from me. She and she were 1.

A week later the game was a day long test because her friend thought I was hot. So she distanced herself from me in case if I'd flirt with her friend, I passed the test.

The next day she was again distancing herself, so I gave her space and come back finding her alone with this date.

When we eventually started to talk she avoided us a couple, saying that the picture was with her friend.

I later learned she still had feelings for that boy she'd been with I knew it out of proportion.

She said I shouldn't trust her that nothing would happen between them. We both cried. She left we pushed all this, and it's too stressful for both of us.

Ask Ellie



Finally she said she doesn't want to break up, we just got in get to know each other.

I kept pushing to make things work and I believe I drove her away... asking do you really want to work things out, and if she still thinks me?

She said she still had feelings, but a lot's going on and I'm going through a lot. I finally pushed for a definite answer.

She said she thinks all we could be is friends, maybe, as she'd started talking to the other guy.

The next day I messaged her that I want to be more, and apologized for questioning us as and not trusting her. I said I'd have a second chance

Starting a fresh start!

You had no reply and then I've lost her forever and I'm in love with her and would do anything to get her back.

Desperate

A. The daily斗爭 (strife) didn't stop, and discussions add up to a relationship that never got off the ground. Neither of you felt secure. It was too fast, too intense, with too much analysis and then backtracking.

You both need a break from the pressure of trying to know if you have something worth trying again, or not.

You both seem young and inexperienced in relationships beyond early dating. That's normal, so don't push it to places you don't yet know how to handle. Nothing, excluding the breakup, is forever at this point. If you contact her do so without pressure or questioning her about the future, just occasionally checking in as a caring friend.

Let time help you both get more confidence about yourselves, and

building relationships before you talk about trying again.

Q My friend hung up on me one day without saying why she suddenly retrevered. I ended silent, tried to apologize for any offence, but got no reply. Several months later, she called and indicated as though nothing happened.

I've wanted to know what happened, but when we talked again, she said her parents were divorcing. The conversation was all about her hurt, and sadness, so I didn't ask if it was related to her hanging up that day.

Is it wrong for me to pursue this now?

Still Wondering

A. Deep d. She shared a personal and emotional story with you, and that shows her trust and feeling of friendship.

The breakup could've been for many reasons, related to her dealing with her parents' story.

Q My female friend of several

years, 29, used to be close but due to distance and life events, we've become occasional text and Skype acquaintances.

Her relationship this year has been bad; she'd only contact me about her problems. She'd rarely talk about my life. He broke up with her in April.

She still keeps asking, "Why did they break up? Could he have another girlfriend?"

She's miserable because she can't get a job or find another boyfriend.

I've tried to be supportive, but I'm over rehashing these issues.

How can I put an end to her mauling this situation without attacking her mean side (she can be spiteful) and let her see the same people?

End Contact?

A. Delay contact. Say you're busy with regards in a few days. Then do, with falsec, after a short pause even life. When she raises the old questions, say "I don't know," and keep blocking about you.

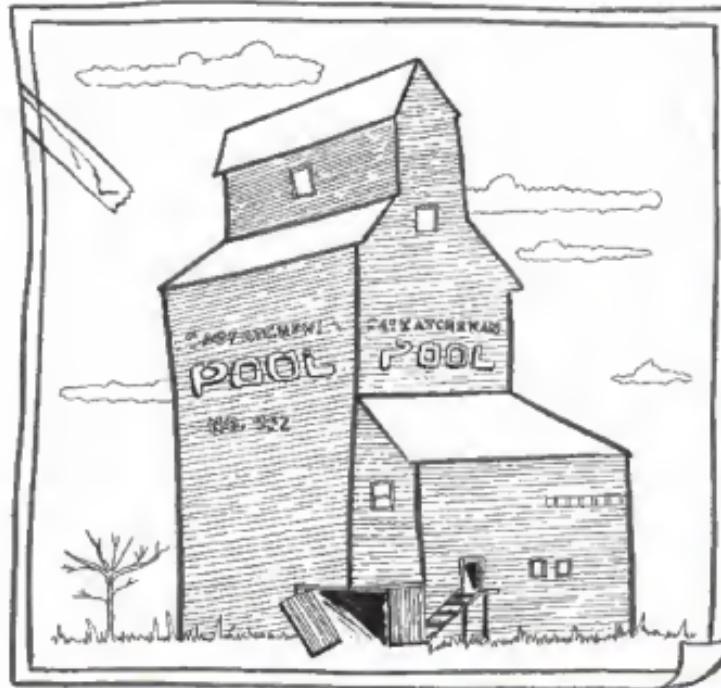
She's too self-centered to stay interested.



Next week in BRIDGES

Chiropractic treatment for children and infants gaining popularity in the province

OUTSIDE THE LINES

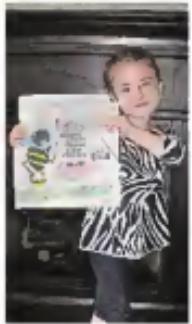


Colouring contest

Each week, Shaeleen McRae creates a timely illustration meant to please lots of all ages.

Children can colour the page. Have a picture taken with the finished product and email it to bridge@thesaskprairie.com. One winner will be chosen each week.

Please send entries with the child's name by Monday at 9 a.m.



Last week's contest winner is Marley Hauk.
Thanks to everyone who submitted entries!



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SASKATCHEWAN FOOD TRENDS

Saskatoon food trucks operating into the fall

By Jenn Sharp

Back in June, I wrote about Regina's aggressive food truck scene. At that time, the Queen City had six food trucks — since then, at least one more has joined the fray. While the trucks can be found at various locations in the city, most set up shop near the City Square Plaza downtown for the lunch crowd. The best way to find out where your favourite truck will be is to follow [@saskfoodtrucks](#) on Twitter for updates or on the truck's Twitter feed.

In Saskatoon, things look a little differently as there's not a central place for the trucks to converge. (Although many can be found in the downtown core during the noon hour or week days.) Finding your truck of choice can be a chore because, unlike in Regina, there's no centralized Saskatoon Twitter handle. The individual trucks have Twitter and/or Facebook, which I've included here.

Regina has really been rock-ing the food truck scene in Saskatchewan. It took longer for legislation to be passed in the Regina City Council than it was, several owners had problems getting (or keeping) a truck up and running. The City of Saskatoon has currently only given out three leases that allow trucks to park and operate on public property (parking stalls). Owners of these trucks are forced to operate only on private property or at street fairs. Otherwise, like Flavours of India and Street Chef's separate parking truck, operate part at the Saskatoon Farmers' Market on weekends. Because of a late start this summer most owners will be closing their trucks into October or November.



DISCO DOG.

TWITTER: @discodogtruck

WHAT TO EXPECT: Disco Dog has really been rock-ing the food truck scene in the food truck scene setting up around the city during the day and outside pubs after dark. We love to hit the streets of Saskatoon in July co-founder Chuck Pongracz sells pre-made hot dogs and smoked sausages in one in a baggie or container. What makes owner Ken Rasmussen's truck better than your average hot dog stand is that his hot dogs are all hand-rolled and hand-cooked. In other words, his hot dogs come on some baked-wheat bread from hell with extra virgin olive oil and

DEBUT TO TRY: Chive Peameal — great cheese, sausages, tomato, green onions and green peppers, chive oil sauce. Smoked pepper sausages.

PRICE: \$6 to \$10.00 sausage, \$6-\$10 extra, any options too.



PINEAPPLE EXPRESS:

TWITTER: @fpf_

FOODTRUCK:

WHAT TO EXPECT: Everything pineapple! Milkshakes filled with frozen pineapple on its own or served over ice cream with pineapple syrup and torched coconut; there's even pineapple chili. Rick Muñiz (his son Dave) and friend Michaela Cane wanted to put a unique spin on a favorite treat. They also sell dog chile wings and empanadas if you're feeling peckish.

DEBUT TO TRY: The fruit shakes are best sellers for a reason — the pineapple coconut tastes like Heaven.

PRICE: \$7.99 to \$9.99



**JOY RIDE:**

TWITTER: @joy_ride_yyc

WHAT TO EXPECT:

The brainchild of Weezaan owner Dan Walker, Joy Ride was eagerly anticipated by many Saskatoon foodies. People waited in long lines on the opening day (July 26) in front of City Hall for the globally inspired eats. After an incredibly busy opening week, mechanical problems unfortunately forced Walker to shut the truck down. Happy, Joy Ride reopened on Sept. 8.

DISH TO TRY: Lake Trout Tacos or Asian Rice Bowl

PRICES: \$5 to \$9

**YUMM TRUCK**

FACEBOOK: Yumm attack

WHAT TO EXPECT:

Deli-style savoury Waffito (waffle bread) made cheese cakes and a healthy kale smoothie. Yum! Baked and frozen items are changing their menu to cater to the construction crowd though, so look for dove rolls and sweet and sour meatballs. The classic sandwich on leavening Yumm is going strong. November 16th Street and Miller Avenue.

DISH TO TRY: Chicken 'n' Waffles (\$7 to \$10) and \$2 for gluten-free

PRICES:

Waffito: \$6 to \$10. Waffles: \$4 to \$10. A homemade waffle with bacon and cheese in the batter; seasoned chicken fingers in garlic oil with a touch of maple syrup; fresh berries and sprouts.

**SNAK**

FACEBOOK: Snak

WHAT TO EXPECT:

The Snak truck takes snack food to a new level. Reese Gremm and Kanya Jhan source local ingredients to create artisanal eats aimed to satisfy your sweet tooth on the street. Look for them at street fairs and the Saskatoon Farmers Market until mid-October.

DISH TO TRY: Raspberry Lemon Frozen Souffle

PRICES: \$3 to \$8

**THREE SISTERS/ NESTOR'S PIZZA**

The Sisters truck started out at the end of July serving sandwiches, soups, salads, pizza and desserts mainly at the building site for the Saskatoon City Police's new headquarters. However, the truck is now done for the remainder of the year.



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GARDENING

APPLE INSECTS

Pesky apple bugs can be tough to eradicate

By Sara Williams

"Picking up an early-dropped fruit every few days and freezing it to logic will destroy many of the larvae before they have left the apples."

— C.L. Metcalf, 1983

If this was about biotechnology adding protein to fruit might be taken as cutting edge genetic engineering or a major breakthrough in feeding a rapidly over-populating world. But the presence of worms in apples is more likely to evoke a sudden change in body language in a gardener's otherwise placid gaze up to destroy the culprit.

The types of insect larvae are commonly found in apples in late summer and early fall, often found always in small numbers and generally in isolated pockets of the fruit tree. They show a number of traits. All are deposited as eggs by various mothers on nearby developing fruit. In the course of feeding they leave telltale trails. They all fall far or pick off within the apples in question, even involving other within the apple or in the soil nearby ready to begin their life cycle again the following spring.

The apple maggot is a reddish larva, lobed, sheltered in a web with a long base and a humped back. The adults feed on the buds that open and terminal shoots — if you pluck a shoot or tap below and shake the branches they fall to the ground and "playdead."

Currant bugs lay eggs shortly after the fruit has ripened and later hatch elsewhere.

The apple maggot starts with a single or cluster of pale bare marks on the skin of the apple where the eggs were deposited. Fruit may be misshapen, water-soaked or drop prematurely. The maggot hatches as a tiny white legless larva that makes its way to the core of the apple leaving a trail of numerous light brown streaks within the flesh. Once in the core, they eat the developing seeds.



The adult apple maggot fly also collects nectar because of the honeydew nectar they leave within the fruit. PHOTO COURTESY JOHN HAMM

They pupate within the apple, emerging as adult beetles after the fruit has fallen to the ground and overwintering in the soil until the following spring.

The apple maggot starts with a single or cluster of pale bare marks on the skin of the apple where the eggs were deposited. Fruit may be misshapen, water-soaked or drop prematurely. The maggot hatches as a tiny white legless larva that makes its way to the core of the apple leaving a trail of numerous light brown streaks within the flesh. Once in the core, they eat the developing seeds.

Adult apple maggots also collect nectar because of the honeydew nectar they leave within the fruit and the infrared appeal of the fruit. Pesticides common against the common garden fly are effective against them with an Aztecane-like mixture.

The apple maggot remains within the fruit until next spring. The apple maggot and currant bug overwinter in the nearby soil. Remove as much leaf litter and debris as possible to eliminate habitat. Then cultivate as late in the fall as possible to bring pupal masses and adults to the soil surface where they'll be more vulnerable to win-

ter cold. In spring, use yellow sticky traps to indiscriminately catch apple maggot prior to egg laying. Place on the ground to entrap during the last week in June.

As for the loss of genetics ... Eve always preferred a chunk of cheese with an apple.

Sara Williams is the author of the newly revised and expanded "Create the Perfect Service Yard and Co-op" and co-author "High Stepper Gardening Naturally."

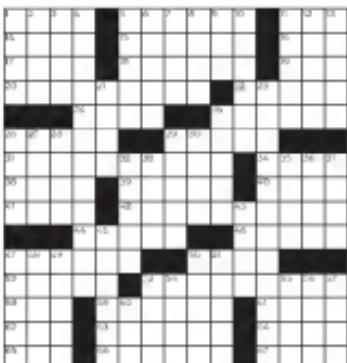
This column is provided by the Arizona Home & Personal Society.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 3 Cos. + Rob = Cost
- 5 Unlikely person
- 11 "We ... the new..."
- 14 Dismantled a console
- 15 Capital on the Vilna River
- 16 Health judge's stand
- 17 First name in folk
- 18 Use a microscope to
- 19 Commercial confirmation
- 20 What paper prints are t.
- 22 Checkout counter
- 23 Counteract
- 24 Counteract theme
- 25 Oil refinery involved in
- 26 Good offices
- 28 Total whose name means "Savannah" is Japanese
- 31 A few more wells were drilled for
- 32 Melina crisp pants
- 33 Part of a city
- 34 Like a fugitive
- 35 Type up
- 36 Words with "last"
- 42 "Tidying
- 44 Leader of committee
- 45 Keep the Soppy and
- 46 North Folder
- 48 It's been several
- 52 Is a good student
- 53 Someone removed upon hearing bad news
- 54 Ashes folder
- 55 Disengaging with cause inevitable
- 56 "I'm not a
- 57 "Should?"
- 58 "Scorched" version
- 64 Journal investigating
- 65 A person's main focus
- 66 Star names
- 67 Ring Choker or band
- 68 Choker



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JANRIO CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

We difficultly level ranges from Bronze (easiest) to Silver (moderate) to Gold (hardest).

3	4		2	8	1
5	8	4			
		6	3	9	5
		5	9		7
2	7	3	5	6	9
9		6	3		
7	6	8	9		
		1	7	6	
4	9	3		5	2

Solutions to the introduced Janrio and the Sudoku can be found on Page 31.



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RECIPES

Irresistibly tempting autumn apple tart

By Alison Ladman

An satisfying as it is to eat freshly baked apples straight up and unadorned, the shift of fall makes it equally tempting to head back to the kitchen and bake them into a pie.

But that's where most people get tripped up. They fear a fussy pie crust. They loathe a long baking time or a gummy crumb filling. So we decided to come up with an easy apple tart that uses a flaky pie crust and comes together in under an hour. Even better — because the filling is only gently cooked on the stovetop, the apples retain waves of their original fresh-jacketed flavor.

Easy Autumn Apple Tart

Start to finish: 1 hour

Serves: 12

- > 1½ cups (3½ sticks) unsalted butter, room temperature
- > ½ cup granulated sugar
- > 1½ cups all-purpose flour
- > 4 apples, peeled, cored and sliced
- > ½ tsp cinnamon
- > ½ tsp nutmeg
- > 1 tbsp water

1. Preheat the oven to 400°F. Coat an 18-inch (45 cm) removable-bottom tart pan with baking spray.

2. In a food processor, combine the butter, sugar and 1½ tsp of the salt. Pulse several times. Add the flour and pulse to combine, sifting down the sides of the work bowl as needed. Transfer the dough to the prepared pan. Press the dough evenly across the bottom and up the sides of the pan. Poke the bottom all over with a fork. Bake for 10 to 15 minutes or until golden brown.

3. While the crust bakes, make the filling. In a large skillet over medium-high heat, combine the apples, vanilla, brown sugar, either cinnamon and the remaining 1½ tsp salt. Cook, gently stirring to promote even cooking but without breaking the apples, until just tender, about 10 to 12 minutes.

4. In a small glass, mix together the cornstarch and water. Add to the apples and cook, stirring gently for



This easy apple tart uses a flaky pie crust that comes together in under an hour. The filling is gently cooked so the apples retain most of their fresh flavor. AP Photo

1 minute, or until thickened.

5. When the crust and apples are baked, spoon the apples onto the crust, arranging them in wedges

if desired. Pour any extra pan juices over the surface of the apples. Serve warm or room temperature.

Nutrition information per serving: 375 calories, 126 calories from fat (34 per cent of total calories); 34 g fat (9 g saturated, 8 g trans fat), 28 g carbohydrates, 3 g protein, 28 g fiber, 37 g sugar, 3 g protein, 38 mg sodium.

The Associated Press

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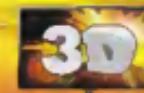
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